

CITY OF GULFPORT

2011 Wellness Program

What is the purpose of the wellness program?

The purpose of the wellness program is to improve and educate employees about their health, lifestyle, and longevity. First and foremost, we want to properly educate you so that you can improve your health, thereby improving your overall quality of life and life expectancy.

Who is Eligible?

Any employee who is covered under the City's health insurance plan.

How do I participate in the wellness program?

Begin by scheduling an appointment with your personal physician or with the Gulfport Med Analysis Clinic. Employees are required to have completed their wellness examinations by **February 15, 2011**. Wellness examinations should include a complete metabolic panel, a fasting lipid panel, a complete blood count with differential platelets, a thyroid stimulating hormone, and urinalysis testing for nicotine.

I just had my annual physical with my doctor in December, will this count toward my wellness assessment?

Yes, as long as your wellness examination meets all of the wellness program requirements.

If I visit my personal physician do I submit my test results to Human Resources?

No. Your results will be kept **confidential** in your file at Med Analysis Clinic, as they will be the gatekeeper for the wellness program documents

I understand I will have to attend classes, what is this all about?

Once you've completed your wellness examination you should contact your physician or the nurse practitioner for a follow-up appointment to discuss your test results. Based upon your test results your physician or the nurse practitioner will recommend educational classes which might improve your test results. Example, if you have an elevated blood pressure, your doctor or the nurse practitioner might recommend you learn more about diet and exercise. Education plays a large part in improving ones' health.

Is there a certain document that I must utilize to verify that I have completed all the program requirements?

Yes. You should take a copy of the **Wellness Participation Record** to your physician/nurse practitioners' visit, so that he/she can sign off on it, along with any other providers that you will be accessing.

What if my test results are good, I'm not overweight and all my test results are positive, I really don't have any health issues, how will the wellness program benefit me?

Congratulations, you are one of a few. You will only have to attend a limited amount of class(es) that you elect to take; opposed to recommended classes.

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If I participate in the wellness program and my insurance deductions are reduced, how long will the lowered benefit deductions continue?

At least through December 2011.

How long will the Wellness Program continue?

We plan on making the Wellness Program an on-going part of the Benefit package in years to come, though some of the initiatives might change from year to year.

Are all of the educational classes “free” to attend?

There might be a small charge to attend some of the classes, however, most of the classes will be provided at no cost.

I see there is a Smoking Cessation Class being offered. Do I have to quit smoking to receive the lowered benefit deductions?

No, however, you must attend the full class (es), participate in the classes and try to quit smoking. However, smoking cessation is not a requirement to receive the lowered benefit deductions. The Smoking Cessation class has a 45-60% success rating, it's been very successful.

Wellness Program Requirements	Important Deadline Date (s)
Have wellness exam & meet with Physician or Nurse Practitioner. Submit copy of test results to Medical Analysis Clinic for your confidential file	No later than February 15, 2011
Based upon health risk assessment, attend specific classes	March 1, 2011- June 15, 2011